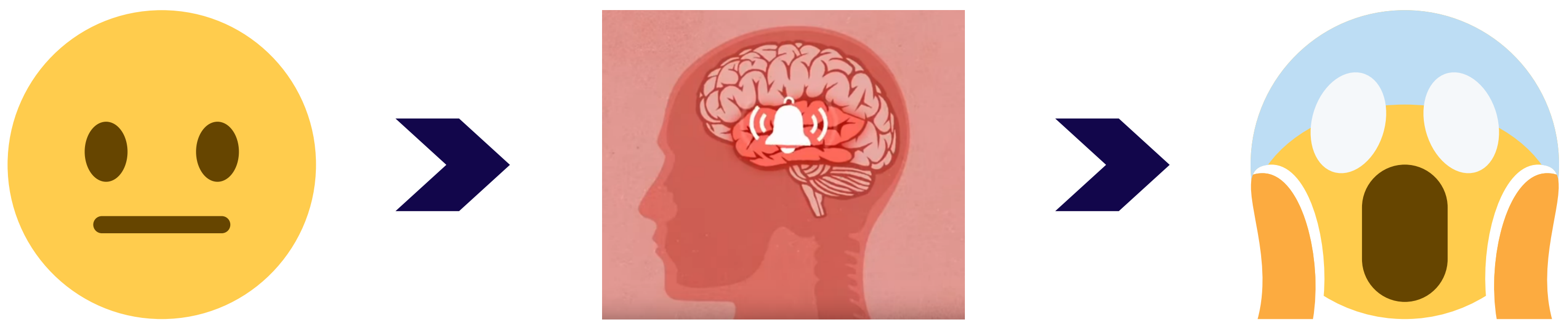


What is Trauma?

We are sorry this happened to you, and we want to help you understand what you may experience following a crime. Trauma is a normal response to an abnormal event. It can cause distress and overwhelm a person's emotions.



When something scary happens, the brain becomes flooded with hormones and switches into survival mode. Survival mode means that without realizing, your brain will try to protect you in one of the following ways:



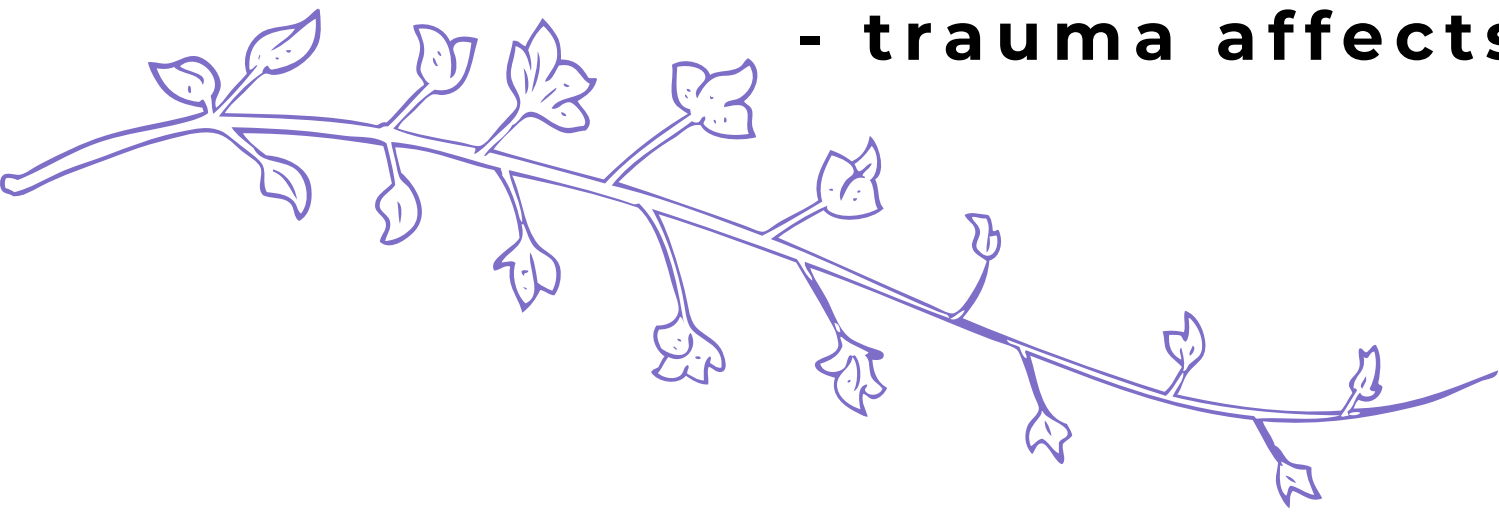
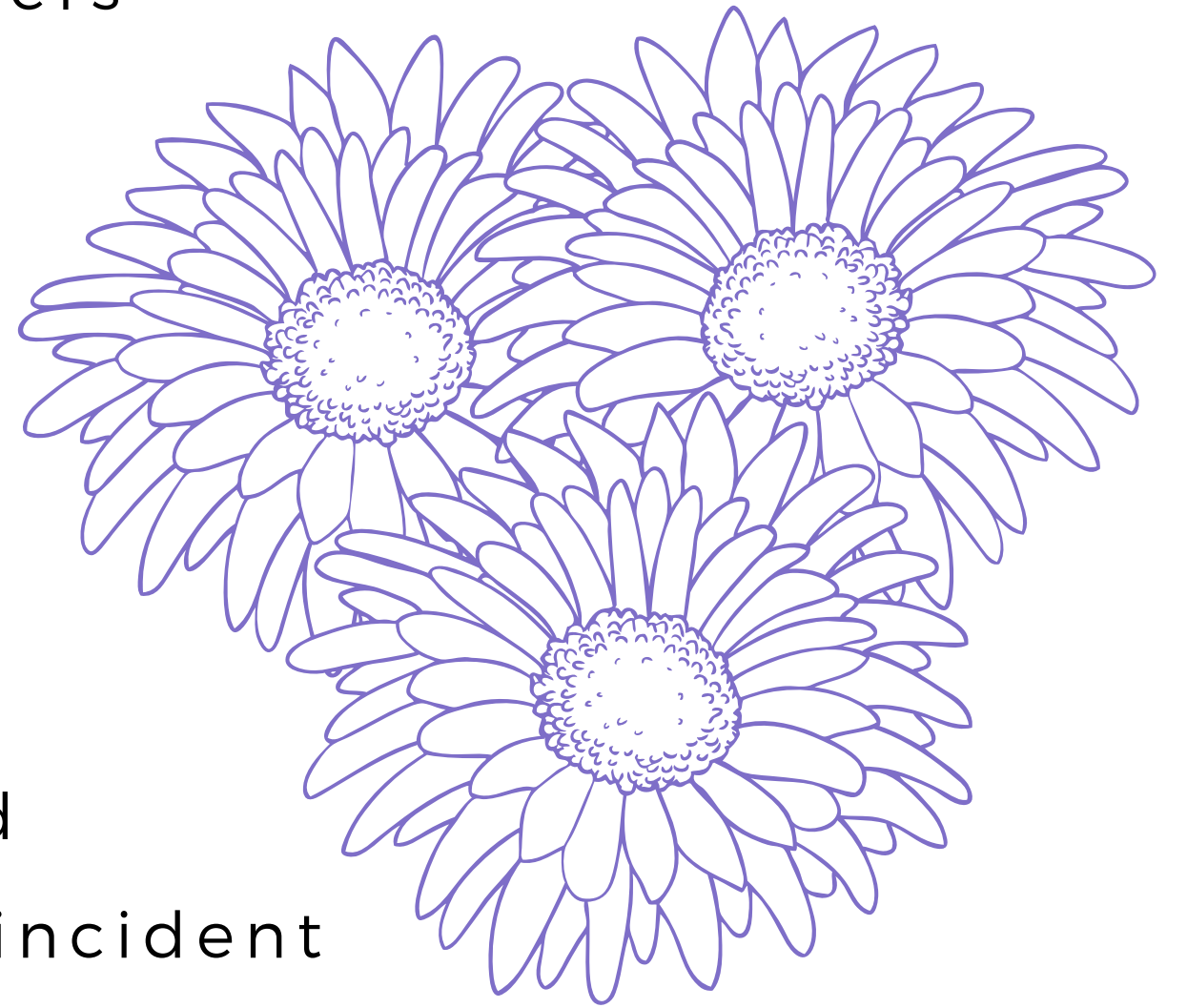
While what happened to you is NOT normal, it is normal for you to have trouble remembering certain parts of the incident. This can create several common reactions following a traumatic event.

SOME COMMON REACTIONS TO TRAUMA



OTHER COMMON REACTIONS TO TRAUMA

- avoidance of trauma reminders
- difficulty sleeping
- nightmares
- anxiety
- trouble concentrating
- feeling easily startled
- irritability
- feeling watchful or on guard
- difficulty remembering the incident
- **you may feel some, all, or none of these!**
- **trauma affects everyone differently**



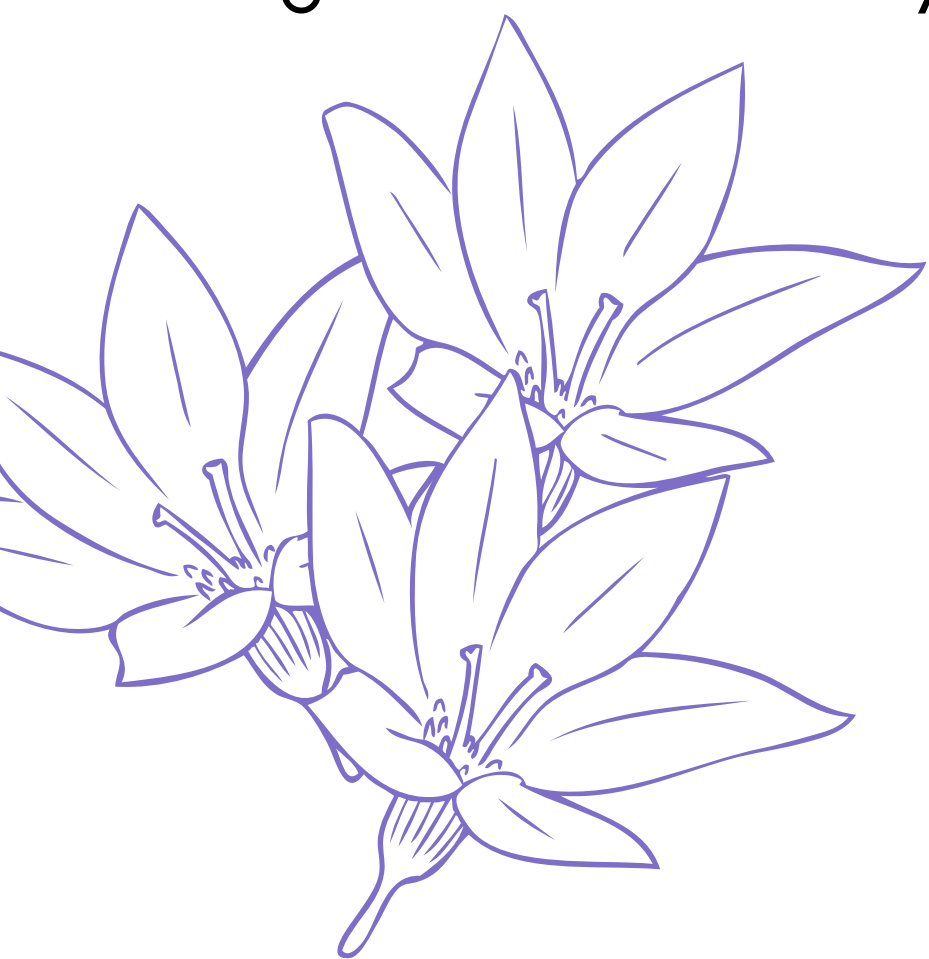
WHAT CAN HELP?

Positive coping skills can help you handle the stress following a traumatic event. Here are some examples:

- journaling
- talking to a supportive friend or family member
- using relaxation skills like deep breathing
- speaking with a professional counselor who can help process the trauma

REMEMBER: YOU ARE NOT ALONE!

Everyone will have a different healing journey, so be gentle with yourself, and do not rush your own healing.



Trauma Counseling at the
CVRCC is free and
confidential. Please call
901.222.3950 for more
information.

